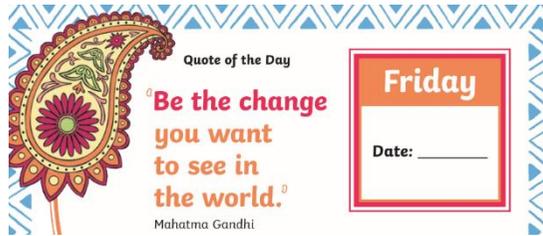


Woodhouse - Home Learning Week 13: 06.07.20 This week is 'Think GR8, feel GR8 week!'

Usually in school, we think about keeping healthy and have our sports days so this week we're going to do the same from home!

Well-being journal

Download the weekly wellbeing activities and complete one each day this week!
There's one for KS1 and one for KS2.



Monday

Things I Am Grateful for Today

- _____
- _____
- _____

Good Things Write or draw the things that are good in your life. Monday

- _____
- _____
- _____

Thinking Time

I worry about... _____

I feel this way because... _____

I can make this worry better by... _____

The Best Thing That Happened Today Draw a picture to show this at the end of the day!

Rate the Day

😊 😐 😞 😡

Science

Spending time in and around nature is really good for us. It makes us feel calm and happy!

Have a go at the nature scavenger hunts or make a nature photo frame (the documents are on the school website.)



- twigs on the ground
- rough bark
- yellow flowers
- caterpillar

Kindness activities



There are a range of kindness activities on the school website that you can complete at home and maybe as a family. They include:

- 40 acts of kindness at home
- Kindness bingo
- Kindness calendar
- Caught you being kind vouchers
- Kindness poster
- Kindness craft jar

Caught You **Being Kind** ☆☆☆

To: _____

For: _____

From: _____

Art

Download the mindfulness colouring activities. Go somewhere quiet or play some calming music... relax!



For some people, creating art can be very good for their wellbeing. Try something new and see if you like it. Maybe you could try sewing, painting, sketching or even taking photographs of nature. It might be nice to do these activities outside.

Food technology - cooking challenges!

Challenge 1 - Can you cook a cheap meal under £1 per head?

Jack Monroe is a cook who has written lots of recipes that are low cost but full of flavour and healthy.

This is a good website for cheap food:

<https://www.goodtoknow.co.uk/food/recipe-collections/cheap-family-meals-33813> Read through the website with a grown-up and choose a meal that you could cook!

Challenge 2 - Can you cook a meal using just a few ingredients?

This is a useful link:

<https://www.bbcgoodfood.com/recipes/collection/five-ingredients-or-less>





PE

West Yorkshire Virtual School Games Sports Day!

<https://www.youtube.com/user/WestYorkshireSport>



On Tuesday 7th July, you can take part in a virtual sports day!
This is for children of all ages (from YR to Y6) and you can complete the activities at home then submit your scores online.

Reading

Keep reading your books at home and writing your book reviews. Can you recommend a book on your year group blog?

Reading is a fantastic way to make sure you 'think GR8' and 'feel GR8.' Where do you like to read? In bed? In the bath? In the garden?

Take a photo of yourself reading in your favourite spot and share it on the Woodhouse Teacher blog!



Relaxation

Watch Mrs Edgar's relaxation video on the school website.

KS1 - Practise your breathing techniques with the pufferfish!

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>



KS2 - Download the 'KS2 - Relaxation' document to find some different relaxation techniques, including 'Hot Chocolate Breathing!'



Writing

Keep writing your lockdown diaries.

Look out for the writing challenges on the Woodhouse Teacher blog every Monday and Wednesday. Email your best piece of writing to the Woodhouse Teacher by 3pm on Thursdays.



Maths

Create a body parts true/false challenge and test each statement out on your family members.

E.g. your arm span is the same as your height, your foot length is the same as the length from your elbow to your hand.



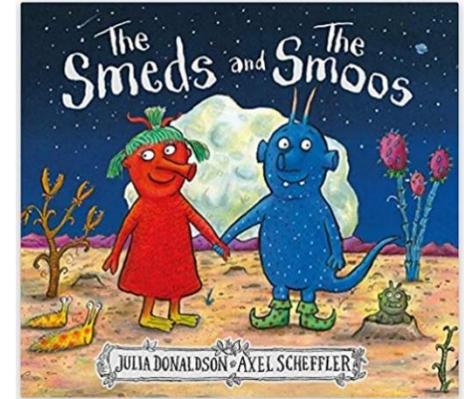
Don't forget to look at your year group's weekly timetable for White Rose Maths too!

Planned Play

We have added this section for children in Reception and Y1 who may need to do more of their learning through play-based activities. However, children of any age may enjoy them too!

This week's Planned Play is all about our differences and the way we think about them. Being different to our friends is great! It makes us unique, interesting and it's exciting to learn about other people and what makes them special. The Smeds and The Smoos book helps us to remember that it doesn't matter what colour we are or where we come from. It is a book about friendship and love. Watch the video of David Schwimmer reading The Smeds and the Smoos by Julia Donaldson and Axel Scheffler:

<https://www.bbc.co.uk/programmes/p083rhl1>



You will need:

- To look at the Power Point presentation: We are different
- A variety of toys that all look different
- Paper for each toy
- A different coloured pen for each toy

The set up:

- With your child write down 5 things that they notice about each of the toys. It could be what they look like e.g. brown fur, black eyes, 4 paws but could also include things that they could make up about them e.g. likes to eat pancakes, doesn't like cold places, loves to snuggle in comfy beds etc.
- Talk to your child about the differences between their toys and how it is a bit like the differences that people have. Remind them that differences make us special but it does not mean that anyone is better or worse than anyone else.

Additional ideas to keep the play going:

- Draw a picture of each toy and draw things around them that they like.
- Wrap up a pass the parcel and play pass the parcel with the toys. Encourage your child to help wrap the parcel and write secret messages for the toys to go in each layer which they can then read to them as they open them during the game.
- Play a game of 'Guess Who?' Write down some clues (there could be pictures to help) about the toys and your child has to guess which one is being described. This would also work for members of your family or friends. For example: "Who has black hair, glasses and a beard?" Uncle Mark!